

April 2025

Clinical Obesity Management Outcomes

Delivering sustainable weight loss with cost-effective care pathways

Vida's Clinical Obesity Management program drives real-world clinical outcomes through personalized treatment plans—not just expensive medications. While GLP-1s play a role, our data demonstrates that most members don't need them to improve their health. The result? Better outcomes, lower costs, and immediate ROI for our clients.

Smart GLP-1 utilization

Not every patient needs a GLP-1. We guide the right ones to the medication—and the rest to success without it.



Only **16%** of new members (who haven't been on a GLP-1 in the past year) are prescribed a GLP-1.

This leads to **immediate cost savings** by guiding clinically appropriate members to GLP-1s and supporting others with effective, lower-cost alternatives.

Clinically significant weight loss—without high-cost drugs

1 in 3 members lose 5% of their baseline weight in just 90 days without a GLP-1

50% of those on lower cost anti-obesity medication alternatives achieve clinically significant weight loss in the same time period

33% of members see success relying on behavior change alone – proving that many individuals can achieve sustainable results without medication

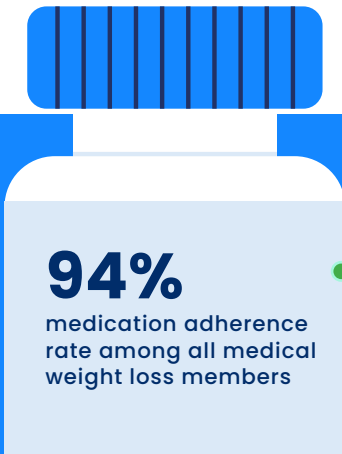
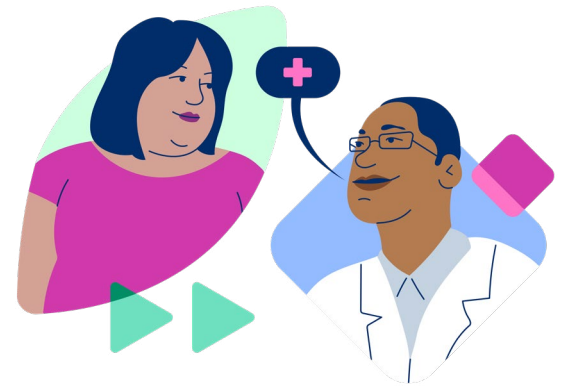
These are clinically meaningful results, costing less than GLP-1s alone.

High medication adherence. Better outcomes.

With integrated care, we don't just prescribe—we support.

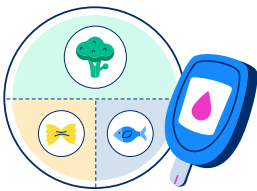
Our solutions ensure weight loss medications deliver real results by combining prescriptions with the right behavioral and clinical support.

The outcome? **Better member success and a measurable ROI for clients.**



This is nearly triple the average of **32.3%** for GLP-1 users found in a recent study—demonstrating that our clinical model, coaching, and member support drive exceptional engagement, better outcomes, and greater ROI.

We provide:



Medical Nutrition Therapy from registered dietitians to provide prescriptive nutritional guidance, manage medication side effects, adherence, and long-term success with and without medication.



Physician oversight to monitor progress, adjust treatment plans, and reinforce behavior change—driving better outcomes, higher member satisfaction, and a stronger ROI for GLP-1 therapy.



Lifestyle coaching to drive sustainable behavior change and build lasting habits around nutrition, activity, and mindset—boosting long-term success, member satisfaction, and the value of every prescription.

This wraparound approach ensures better long-term health and sustained progress.

Want to learn more?

Let's talk